



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

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GREAT AMERICAN SMOKEOUT – GO COLD TURKEY AND WIN A FREE TURKEY

FREDERICK, MD -- Join millions of other tobacco users in saying “no thanks” to tobacco products for 24 hours, during the Great American SmokeOut on November 20, 2014. Participate in Tobacco Free Frederick’s social media event “Going Cold Turkey to Win a Free Turkey”. Follow Tobacco Free Frederick on Facebook or Twitter before November 20th and you will be entered to win a free turkey. Not on Facebook or Twitter and still want to Go Cold Turkey? Call 301.600.1755 to learn more and be entered to win! Make the commitment to be tobacco free or recommit to your current tobacco free lifestyle and aid your friends, family members, and co-workers in their efforts to quit.

The Great American SmokeOut provides Frederick residents who want to quit using tobacco the perfect opportunity to make the decision to enroll in the Frederick County Health Department’s Tobacco Cessation Program. The program offers tobacco users the opportunity to attend group cessation classes or meet

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one-on-one with a cessation specialist. Not ready to quit cold turkey? Residents who are 18 years and older may be eligible for FREE nicotine replacement therapy (NRT) such as patches, gum, and lozenges.

Individuals who receive support are more successful at quitting. You can quit and we can help. In addition to the free services provided by the Frederick County Health Department, residents who want to quit can register for free classes at Frederick Memorial Hospital by calling 240.566.3622 or use the Maryland Tobacco QUITline 24 hours a day, 7 days a week by calling 1.800.Quit.Now or visiting www.smokingstopshere.com. All cessation services are available free of charge.

To learn more about the free tobacco cessation services available in Frederick County as well as to enter to win the “Going Cold Turkey to Win a Free Turkey” social media event, find and follow Tobacco Free Frederick on [Facebook](https://www.facebook.com/tobaccofreefrederick) and [Twitter](https://twitter.com/tobaccofreefrederick) or call 301.600.1755.

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